Can Health and Nursing Assistance Practice be Improved through Ethical Reflection?

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It is important to emphasize that discussions on ethical issues in assistance must be based on the relationship webs supported by communication between multi-professional teams, patients, companions, and family members [1,2]. This practice can help managers to realize the problems experienced by professionals in their daily lives and act to implement strategies and routines that will contribute to a professional exercise of moral and ethical integrity. Furthermore, use strategies that reduce suffering and intention to abandon work or profession, specifically Nursing, which, when compared to other health categories, is one of the most affected by emotional exhaustion for keeping constantly at the front line of care [7].

The management and ethics committees of institutions can create, among the possible strategies, capabilities on educational issues, moral deliberation, and other ethical abilities as support in health assistance, promoting conferences and seminars about the subject [4]. These discussions may collaborate to promote a moral sensitivity [5], holistic understanding of clinical practice, and the realization of a more positive ethical mood [2,4].

From this reflection, we can understand that ethical support is an important ally to a quality assistance, through good practice and a good interpersonal relationship contributing to the constitution of ethical individuals with a major consciousness about their actions.

Bibliography